



Quality of Life for Seniors.

September 2022
Volume 2, Issue 9

NIKISKI SENIOR CENTER FALL FUNDRAISER

Saturday, October 1, 2022
4 pm - 8 pm

*Combo Dinner Plate: Steak Oscar & Sonoma Chicken with
Mashed Potatoes & Seasonal Vegetables ~ \$75pp
Kassik's Brewery ~ no host bar
(1 beverage included with ticket purchase)*

*Doors open @ 4 pm
Wall of Guns @ 5 pm
Dinner @ 6 pm
Auctions & Raffles throughout the evening*

*Seating is limited
Call (907)776-7654 to reserve your seat today!*

50025 Lake Marie Ave, Nikiski, AK * Tel: 907.776-7654

ATTENTION

Effective Tuesday, September 6, 2022

Due to the price increase of groceries, we
have no choice but to increase our lunch
prices as follows:



ENTREE ~ \$6
SALAD ~ \$6
COMBO ~ \$9



**We will be closed
Monday 9-5-22**



Center Hours:
Monday through
Thursday
8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

**visit our
website!**

www.NikiskiSeniorCenter.org



All current events are posted on
our Facebook page.

Board Meeting

Senior Center Board Meetings

@ 1:00 pm

September 21
October 19
November 16
December 21

YOUR VOICE MATTERS



KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

**CAREGIVER SUPPORT MEETING
WEDNESDAY, SEPTEMBER 28, 2022**

FROM 1-2 PM

**AT THE
NIKISKI SENIOR CENTER**



**DO YOU NEED SUPPORT?
DO YOU FEEL ISOLATED AND LOST?
DO YOU FEEL LIKE NO ONE KNOWS WHAT YOU ARE GOING THROUGH?**

**WE HAVE ANSWERS AND SUPPORT!
ALL CARETAKERS ENCOURAGED TO ATTEND!**

Nikiski Senior Center Board 2022



Wayne Ogle
President



Elaine Bakk
Vice President



Jeff Laube
Treasurer



Sue Kanour
Secretary



Mike Newcomb
Board Member



Janet Hudson
Board Member



Myrna Dyer
Board Member



Jean Taylor
Board Member



Joe Ross
Board Member



DEVELOPMENTAL DISABILITY RESOURCE CENTER

**SEPTEMBER PRESENTATION
AT THE
NIKISKI SENIOR CENTER**

**WEDNESDAY, SEPTEMBER 14, 2022
11:30AM-1PM**

For families of individuals with a diagnosis of developmental disability by the age of 22. This is for different waivers that the family/individual may qualify for.

WEEKLY ACTIVITIES



Silver & Fit with Teri

Chair exercises modified to your level.

Monday 10-11 am

Thursday 1-2 pm

Walk with Teri

NSC Walking Club meets at NSC lobby
& will walk outside the facility.

Tuesday 10-10:30 am



Yoga with Katrina (via zoom)

Wednesday 9:30-10:30 am

Modified for all levels of yoga

Coloring & Crafts

Wednesday 12:30-3 pm

Coloring Club and Crafting downstairs.



Bible Study

Enjoy lunch with friends and then a friendly bible study upstairs from **1-2 pm on Thursday**. For more information please call John Heft 776-2109.

Pinochle

Thursday 12:30-4 pm pinochle players enjoy snacks and cards with great company.



A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



BINGO

Saturday

September 24, 2022

at the

Nikiski Senior Center

6-9 PM (doors open 5 pm)

**You do not need to be a NSC member to play.
Please call (907)776-7654 if you have questions.**

The Nikiski Senior Center will be closed on Monday, September 5, 2022 in observance of Labor Day.

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894.

SEPTEMBER WEDNESDAY CRAFTS

- 1) 9/7/22 - FALL GNOME WREATH
- 2) 9/14/22 - TERRA COTTA POT CRAFT
- 3) 9/21/22 - SOAP MAKING ~\$20 FEE FOR MEMBERS/\$40 FOR NON MEMBERS) **WILL BE READY FOR CHRISTMAS GIFTS!**
- 4) 9/28/22 - MASON JAR CRAFT

CALL 776-7654
TO SIGN UP

**CRAFTING
MAKES
EVERYTHING
BETTER**



FREEZER MEAL WORKSHOP



AT THE NIKISKI SENIOR CENTER

INCLUDES 6 MEALS AND 6 SEASONINGS

THURSDAY, SEPTEMBER 15, 2022

FROM 4-7 PM

**COST IS
\$175**

"WARM & HEARTY" MEALS

- 1) PORK ROAST
- 2) ITALIAN SAUSAGE BURGERS
- 3) SMOKY MAPLE ROAST
- 4) MONGOLIAN CHICKEN STIR FRY
- 5) GRILLED FLANK STEAK
- 6) COQ AU VIN (CHICKEN WITH WINE)

SEASONINGS

- 1) ADOBO SEASONING BLEND
- 2) RANCHER STEAK RUB
- 3) BEEF STEW SEASONING MIX
- 4) ITALIAN SAUSAGE SEASONING MIX
- 5) GARLIC GALORE SEASONING MIX
- 6) SWEET & SMOKY DRY RUB GLAZE

Anyone is welcome to attend workshop!

LIMITED SEATING

CALL (907)776-7654 TO RESERVE YOUR SPOT

FRIDAY

MOVIE NIGHT

**AT THE NIKISKI SENIOR CENTER
SEPTEMBER 9, 2022 FROM 4-7 PM**

MEMBERS - FREE

NON-MEMBERS - \$10

(SODA & POPCORN PROVIDED)



Wear your bomber jacket for a chance to win a free lunch at NSC!



Nikki sings during lunch every Wednesday!

FIELD TRIP TIME!



Ninilchik Fair Crew



Cute Crafts!



Thank You Corn Roasters for visiting us 8-24-22!



**Quilt Bingo Fundraiser Crowd
What a Fun Night! Raised \$3,000 for housing expansion!**



Pantry Hours:
Mon-Fri
9 am to 2 pm



Senior Benefits Program

Alaska residents age 65 and older may qualify for a monthly payment from the Senior Benefits Program. Monthly payments are \$76, \$175, or \$250 depending on your annual income. Applications are available for mail out or pick up from the center.

Meals on Wheels

We are now providing Meals on Wheels to our community in the age range of 18 and older receiving Medicaid Waiver Services. This will allow us to care for our community members in need and seniors.

Nikiski Senior Center or Service Area Boards

We are always recruiting for caring individuals that truly want to play a vested roll in their senior community. Once a month or quarterly meetings are required. Join us today and make a difference.

Silver Squad

Provide companionship, a warm heart, and a friendly conversation to help support our seniors as they isolate at home. These calls or visits provide emotional support, safety check-ins, and a connection to our senior community.

Helping Hands

Looking for men and women with basic home repair skills to help seniors and the disabled to live in the comfort and safety of their own home.

NSC Catering—Book Your Party Today!

Nikiski Senior Center can help with your catering needs. Call (907)776-7654 for details and pricing.

Find out how you can pay it forward and become a volunteer!

776.7654

* All volunteers must be able to pass a background check.



**NIKISKI SENIOR CENTER IS NOW OFFERING ACCOMMODATIONS
FOR ZOOM APPOINTMENTS**

**STATE ASSESSMENTS FOR WAIVER SERVICES
VISIT WITH A FAMILY OR FRIEND
DOCTOR APPOINTMENTS (NOT INCLUDING ILLNESSES WITH
COLD OR COVID SYMPTOMS)**

CALL NSC TO SCHEDULE AT 776.7654



***Meet Lori Chase, our new Kitchen Manager!
We are excited she's joining our team. Lori has
over 30 years food service experience. She has
returned to Alaska after a 9 year hiatus in Arizona.
Welcome Lori!***



**GOOD
MORNING**

**Enjoy coffee or juice & a treat
Bring a friend!**

**Monday-Friday
During Regular Business Hours**

(Donations Appreciated)



**Q: What did one leaf
say to the other
leaf?**

A: *I'm falling for you*

**Q: If money grew on
trees, what would be
everyone's favorite
season?**

A: *Fall*

WEDNESDAY BREAD DAY

***We are looking for volunteers to pick up our bread
Wednesday mornings that Kenai Safeway
generously donates! Please call 907.776.7654 for
details if this is something you could do on a
rotating schedule!***

**LIMIT OF ONE BREAD
AND ONE SWEET PER HOUSEHOLD**



Happy Birthday

**SEPTEMBER
IS THE BEST
MONTH FOR
BIRTHDAYS!**



9/1	Peggy Nash	9/13	Jeannie Smith	9/20	Sharon Burdick
9/1	Julia Weeks	9/13	Dil E. Uhlin, Sr	9/21	Richard Delene
9/2	Sheila Graham	9/14	Dusty Rhodes	9/22	Kelly Noble
9/2	Robert Wolf	9/15	Jerry Nash	9/25	William Starnes
9/3	Wilma Hampson	9/16	Terry Cairns	9/26	Robert Smith
9/4	Paul Huber	9/16	William Edward	9/27	Patti Williams
9/4	Ted Carlson	9/16	David Unruh	9/28	Darrell Baier
9/8	Susan Malmquist	9/16	Brandie Ware	9/28	Judith Moore
9/9	Steven Carter	9/17	Ron Burdick	9/29	Inara Rudmanis
9/9	Denny Doolittle	9/18	Stan Gerhauser	9/29	Rickey Hancock
9/10	Greg Garrison	9/18	Kelly Newcomb	9/30	Marie Billings
9/10	Norman Olson	9/19	Pam Dominguez	9/30	Linda Williams
9/11	Paul Ottobre			9/30	Gary Peppenger

Q G V C Q M F O Q W S D D N A S U S W J P V R X X M T C W C
J P G D W K S V N R P A C C R D L H M P R A Y R A G P A V W
B T S I U Q M L A M I V O H B Q S N G X G C U C S F I R I K
C M E E H W I W L L G Y I U D L R E I A B L N C M U E L O E
R Z O R L M T S U B X J A J W Z C W D I Z G O Z B O C S R S
E U O C R V H J R E B U H D R T O X P J W R S J E F Y O Q C
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E O R A A M N A F S L H A W S R U U A L C W A O X K D L R K
O R R D P N G I O M K N N O S I R R A G O G H K T E E A P W
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S A L X T I C S A J G A T Y P F I R T I R F P N E J L V W T
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N H M P I N A S H L E D O H T R E B O R N K G P W V E X A I
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A S O I T H M J W D X A E T S J L R K P J R E Y F P H L N E
N B P V Y H R O B V H B P W R G A U B E R P S X S R X O K I
T W K G Y J E O A W M D Q D N N W U I G Y Y I R H B S P F Y
M V D J R T Y T V G D O O L I T T L E S H K L R E X M S B W
A M O O R E E D W A R D C M D V M A P D E T Y D I A A W U X
I Z X U E L J D F I I C O R I W A B L S N N I B L P I Z O U
L A H R J K S E I D N A R B N N W D V X W E R D A R L Q U N
L M F W H R Y J C B V D R O I V G J F T X Z Z A U S L P J J
I P U G O I N L C V U A R L K A D U V G D E C E T J I G P Z
W A B D T C N X U S N A R N G P K K E T I L G A K S W V K S
N N E I J H E K T I H U N R U H E I J Z L B H B R T I E X Q
C E Q I B A D Y L S E D O H R L R G Q E A O V N S T L P U P
W Y A T G R A H A M G J H M A A V R M E R N L R E L E B J S
J D R X A D U D X F D I E T M W G V X A H F P W Y Y C R B B

PEGGY	DUSTY	INARA
NASH	RHODES	RUDMANIS
JULIA	JERRY	RICKEY
WEEKS	TERRY	HANCOCK
SHEILA	CAIRNS	MARIE
GRAHAM	WILLIAM	BILLINGS
ROBERT	EDWARD	LINDA
WOLF	DAVID	GARY
WILMA	UNRUH	PEPPENGER
HAMPSON	BRANDIE	
PAUL	WARE	
HUBER	RON	
TED	BURDICK	
CARLSON	STAN	
SUSAN	GERHAUSER	
MALMQUIST	KELLY	
STEVEN	NEWCOMB	
CARTER	PAM	
DENNY	DOMINGUEZ	
DOOLITTLE	SHARON	
GREG	RICHARD	
GARRISON	DELENE	
NORMAN	NOBLE	
OLSON	STARNES	
OTTOBRE	PATTI	
JEANNIE	WILLIAMS	
SMITH	DARRELL	
DIL	BAIER	
UHLIN	JUDITH	
SR	MOORE	

**NIKISKI SENIOR
CENTER**
Lunch Menu
September 2022

***NEW LUNCH PRICES
ARE EFFECTIVE
TUESDAY 9/6/22***

ENTREE \$6
SALAD \$6
ENTRÉE & SALAD \$9

Mon	Tue	Wed	Thu	Fri
			1 Taco Thursday! Mexican Beans Spanish Rice Dessert	2 Reuben Sandwiches Potato Salad Dessert
5 <i>CLOSED for LABOR DAY</i>	6 Kielbasa-Potato Skillet Bacon-Garlic Green Beans Dessert	7 Fried Chicken Mashed Potatoes Vegetables & Dessert <i>Live Music</i>	8 Baked Fish Rice Pilaf Dijon-Dill Carrots Dessert	9 Chicken Salad Croissant Tater Tots Dessert
12 Quiche Lorraine Sausage Links Potatoes O'Brien Dessert	13 Beef Enchilada Casserole Mexicali Corn Pinto Beans Dessert	14 Fried Chicken Mashed Potatoes Vegetables & Dessert <i>Live Music</i>	15 Pork Chops Yam Mash Roasted Cauliflower Dessert	16 Club Wrap Onion Rings Macaroni Salad Dessert
19 Monte Cristo Curly Fries Vegetables Dessert	20 Lasagna Broccoli Garlic Bread Dessert	21 Fried Chicken Mashed Potatoes Vegetables & Dessert <i>Live Music</i>	22 Seafood Pasta Vegetables Dessert	23 Get Meaty Pizza Caesar Pasta Salad Dessert
26 Ham Steak Scallop Potatoes Vegetables Dessert	27 Meatballs & Cheese Tortellini Vegetables Dessert	28 Fried Chicken Mashed Potatoes Vegetables & Dessert <i>Live Music</i>	29 Tuscan Pork & White Bean Pie Dessert	30 Salmon Burgers Potato Salad Dessert

ALL AGES CAN EAT AT THE NIKISKI SENIOR CENTER!

***No “to go” containers
will be provided for
those dining in—you will
need to bring your own
container (BYOC) for
leftovers on your plate.***

Please call 776-7654 by 10 am to order a lunch for pick-up

Pick-up time 11:30 am

Salad Bar opens at 11:30 am & Entrée is served at 12 pm

No Salad Bar on Friday

****Menu Subject to Change****

Activity Highlights

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Walking Club: **Tuesdays** 10-10:30
- Yoga (via zoom): **Wednesdays** 9:30-10:30 am
- Crafts & Coloring Club: **Wednesdays** 12:30-3 pm
- Pinochle: **Thursdays** 12:30-4 pm
- Bible Study: **Thursdays** 1-2 pm
- **CLOSED FOR LABOR DAY: MONDAY 9/5/22**
- **NEW LUNCH PRICES: EFFECTIVE 9/6/22**
- Movie Night: **Friday** 9/9/22 from 4-7 pm (*Top Gun: Maverick*)
- Developmental Disability Resource Center Presentation: **Wednesday** 9/14/22 from 11:30 am—1 pm
- Freezer Meal/Spice Workshop: **Thursday** 9/15/22 from 4-8 pm (\$175 fee must pre-register)
- NSC Board Meeting: **Wednesday** 9/21/22 @ 1:00 pm
- Bingo: **Saturday** 9/24/22 from 6-9 pm (doors open at 5)
- KPFCSP Caregiver Support Meeting: **Wednesday** 9/28/22 from 1-2pm

Nikiski Senior Center
P.O. Box 6973
Nikiski, AK 99635

Phone: 907-776-7654
Fax: 907-776-7632



PLEASE
PLACE
STAMP
HERE

To: